Keeping Track

More Sewing Time

President's Message

Welcome to 2015! Remember when we all were worried about the year 2000 and that our lives, as we knew them, would crash? Here we are 15 years later doing just fine with cell phones that do marvelous things and iPads that take us to worlds we never knew existed. You, of course, need a 14 year old in your life to keep up with changes or else there you are in the Apple store asking for “directions”.

I “need” more sewing time this year. I never seem to get enough and my past projects are piling up! Sound familiar? I am really behind on my charity sewing and want to get more of it done this year. Got to move my stash onward! I have decided this is the year to “keep my hands on the fabric and off the food!” It’s back to the reality of too much of a good thing and I refuse to buy bigger clothes. I must fit back into the ones I own and if anything, buy smaller. My husband is not quite sure about all the happenings when I cook, as there are lots of vegetables on our plates at meals, something he is not so used to, and the meat portions are slack…a rude awakening for a carnivore. It will do us both good.

My friend sent me an article on how knitting promotes cognitive function and that handiwork is a tool for alleviating anxiety and depression. Using your hands triggers healthy activity in 60% of your brain. A study from the Journal of Neuropsychiatry and Clinical Neurosciences showed that doing crafts such as patch-working or knitting during middle age, combined with watching less TV, decreased the odds of later cognitive impairment and memory loss by 30-50 % and promoted the development of neural pathways. Although the article was about knitting per se, I can see how the aspects apply to sewing as well. How can you be depressed or anxious when you smock and sew? If you would like to read the full article, it appeared in the Sacramento Bee Newspaper. So, you see we are all on a healthy track to mindful longevity! http://www.sacbee.com/2014/09/25/6730900/health-benefits-for-those-who.html

We have much to do in this early part of the year. We have Wee Care sewing dates; Margaret has contacted and planned with members for some fun ideas to try during our meetings; we are hoping to have a trunk show from SAGA if that gets settled from their end; we have fair items to finish and enter( paperwork due by May 7); we have Gloria’s challenge (date not yet set by her) and we have Las Vegas. You

Calendar

January 10, 2015
WeeCare Workshop

January 27, 2015
Meeting
Favors for Retreat

February 24, 2015
Meeting
Needle Case - Fran

March 24th, 2015
Meeting
Huckweaving - Lois

April 28th, 2015
Meeting
Dorset Button - Reba
know “what happens in Vegas stays in Vegas”, so if you are not going, don’t expect anyone to tell you how much fun they had! I am hoping that you are planning every month to come play and socialize with friends. Our lives get complicated but, we need self time as well to regroup and continue on.

I already have sew-cations planned for 2015. My non sewing friends are shocked that I already have plans through the Fall. If I don’t plan ahead it won’t happen! Some are near, some are further away but, all with sewing friends. I am sad to see the Santa Barbara venue close. So many fun memories from the 18 years of traveling there. I will be there in January and hope to get more details on the sale.

May the Blessings of Health and Happiness find you this New Year!

Irene

Birthdays!

Happy Birthday to Catherine who celebrates on January 9th.
Happy Birthday to Lois who celebrates on February 5th.
Happy Birthday to Fran who celebrates on March 8th.
Happy Birthday ladies!

Member News

Long distance member Kathy Pennock recently had a tangle with some luggage while on holiday. The luggage won. Kathy has had surgery on her right arm to replace a shattered ball joint. Her left arm is not as bad, thankfully as this is her dominant hand. Kathy should be in a sling for another 6-8 weeks and has follow up evaluation and X-rays on Ground Hog Day. We wish her the best for a speedy recovery and wish we were closer to help her out!
Wee Care

Happy New Year to everyone! Hope you all Enjoyed the holidays. I’m pleased to confirm that we have scheduled the meeting room at the San Mateo Hospital for three future workshops over the coming months. Workshops are planned for the following Saturday dates:

- January 10th - 9am to 2 pm
- April 11th - 9am to 2 pm
- July 11th - 9am to 2pm

*Brown bag lunch

Emails regarding needed supplies will be sent out prior to the individual workshops.

Our first workshop of the new year is coming up next Saturday. We will be at the San Mateo hospital location in our usual meeting room from 9am until 2pm so I hope you can join us. Bring a brown bag lunch. I will supply water and treats.

I thought we might concentrate on finishing gowns and bonnets this time. Bring whatever gown you are working on. Let's spend a few hours sharing holiday stories and working together on whatever you like to do, whether its smocking or finishing neckbands or work on trims/ribbons. I will bring wee care kits if you need something to smock and my sewing machine, iron and board as well, in case anyone needs to stitch up seams.

If you are unable to attend a workshop, I will bring kits to each meeting and would be glad to mail a set or two to members who can't make it to a meeting but, would like to smock up a gown. Love to smock, hate to finish? We have people for that! Return your smocked gowns and we will pass them on to a finisher.

It's my goal to finish 12 more gowns and deliver them, along with the current inventory to the Stanford hospital at the end of January. Together we can make this happen! If you can't come to the workshop, bring your finished work to the January meeting. Thanks for all you do.

Denise
A Look Ahead

Our chapter is very fortunate to have so many members not only creating beautiful items with smocking and fine sewing but also willing to share their expertise with the rest of us during our meetings. Over the next few months we will have the following:

**January:** Irene will refresh us on the buttonhole stitch that we will use to make the favors for the SAGA Retreat in February. Bring your thread scissors, a #7 darner or other favorite needle.

**February:** Fran will take us through her version of the needle girl with hand embroidery embellishments. Supply list will be available in January.

**March:** Lois will share her huckweaving skills as we complete a hand towel. Bring thread scissors and a #20 or 22 tapestry needle. Kit is free.

**April:** Reba will present a workshop on Dorset buttons. Supply list will be available shortly.

**May:** Stash Bash – measure and mark your yardage and include fabric type as well as price for each piece you wish to sell. Mark all other items as well. Proceeds go to the education fund for CCC.

**June:** Carol will lead and fully demonstrate the process for care and feeding for our overworked pleaters. Bring your pleater and any questions you have.

We greatly appreciate the generosity of members that share their skills and hope that other members will volunteer to help us broaden our knowledge in any area. Please contact Margaret if you wish to present a short program to start off our meetings.

Margaret

**Vaune Pierce** will be in San Francisco attending a Royal School class January 21st through January 26th. If you would like anything from her, please contact her and give her your list and she can bring it with her and save you postage. She will not be at our Las Vegas SAGA retreat as she will be in Puyallup.
Orlando Convention 2014

Kathy Pennock & Ingrid Chan with Kenneth King

Ingrid’s finished purse

Christie & Ingrid
Christmas Tea

A special thank you to Rosemary for being a generous hostess for our annual tea. Of course everyone brought lovely yummy treats to sample as well as cookies for exchange. Once again, members brought great items for our basket drawing.

Dear CCC Members,

I would like to thank all of you for your contribution to the raffle gifts I won at the Christmas Tea.

I was overwhelmed with your generosity and creativity. Ott Light for travel, Key-pers key chain ribbons, threads, threader, pins, needles, tweezers, even a very nice extension cord! The beautiful hand made gifts are wonderful - three pin cushions; snow flake coaster/ornament; over the armchair snippets bag; colorful tea cozy; elegant triangle bag and a vintage, family owned wood egg stocking darter. I was speechless!

Thank you and Happy New Year.

Vickie
Smock Across America
Las Vegas - February 26-March 1, 2015
Chicago - July 16-19, 2015
Valley Forge - October 8-11, 2015
See SAGA website for details
www.smocking.org

Sit & Sew in Santa Barbara
January 9-13, 2015
June 26-29,30?, 2015
http://www.vaune.com

Artisan Academy in Santa Barbara
with Vaune and Cindy
for those who plan ahead!
August 19-24 2015
August 17-22 2016

Road to California Quilt Show
January 22-25, 2015
Ontario, CA
www.road2ca.com

Hillsborough Antique Show
February 6-8, 2015
San Mateo, CA
http://www.hillsboroughantiqueshow.com/dates.html

Folsom Quilt & Fiber Guild
Quilt Show
February 6-8, 2015
Folsom, CA

Bay Area Quilt, Craft & Sewing Festival
February 19-21, 2015
10 a.m. to 5 p.m.
San Mateo, CA

Stitches West
February 19-22, 2015
Santa Clara, CA
http://www.knittinguniverse.com/WEST

Quilt San Francisco
San Francisco Quilters Guild
March 20-21, 2015
Event Center at St. Mary’s
San Francisco, CA
http://www.sfquiltersguild.org/page.php?ID=49

Refreshments
January                Margaret
February               Sue
March                  Rosemary
CABLE CAR CABLERS OFFICERS

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Meeting Location
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The purpose of the Smocking Arts Guild Of America is to preserve and foster the art of smocking and related needlework for future generations through education, communication and quality workmanship.